

Recipes

Whether you enjoy it on crackers washed down with a cold beer, or sautéed with onions and served over hot rice, tuna in cans or pouches has made a regular appearance in quarantine cooking across the US. Please enjoy these recipes recommended by Council staff.



Sylvia – Tuna, Spinach and Artichoke Casserole

Courtesy of starkist.com/recipes

Serves 6

Ingredients

- 2 2.6-oz pouches StarKist Low Sodium Albacore White Tuna in Water
- 2 cups cooked brown rice
- 1 package frozen chopped spinach, thawed and squeezed dry
- 1 9-oz package frozen artichokes, thawed and drained
- 1 tsp canola oil
- ½ sweet onion, diced
- 2 tsp minced garlic
- 4 oz sliced mushrooms
- 2 tbsp unsalted butter
- 2 tbsp flour
- 1½ cups skim milk
- ¼ cup grated Swiss cheese plus 2 tbsp
- ¼-½ tsp ground nutmeg
- ground black pepper, to taste

Directions

- Preheat oven to 375°F.
- Mix tuna, rice, spinach and artichokes together in medium bowl.

- Heat canola oil in medium non-stick frying pan. Add onion and garlic and cook until onion is just soft. Add mushrooms and cook until tender. Add to tuna and rice mixture.
- In same frying pan, melt butter. Whisk in flour and cook on low heat for a minute. Gradually whisk in milk and stir until thickened. Whisk in cheese and stir until melted. Add nutmeg and pepper and mix well.
- Stir milk mixture into tuna mixture and combine well. Pour into a 1½ qt casserole dish and bake for 20 minutes. Sprinkle with the remaining 2 tbsp cheese and broil until cheese browns.

Nate – Tuna Cream Cheese Spread (This one is great for movie nights! It goes well with pale ales, especially IPA or light lagers.)

Ingredients

- 4 2.6-oz StarKist extra-virgin olive oil yellowfin tuna pouches
- 4 oz cream cheese (let it soften before mixing)
- 3 oz sour cream
- 4 oz Kewpie mayo
- 4 cloves finely minced garlic
- 1 bunch finely chopped cilantro
- 2-3 tbsp Sriracha sauce
- 3 stalks of green onions (mix white part in the dip and garnish with the green part)
- a few heavy-handed shakes of smoked paprika
- ½ tsp lemon zest

Directions

- Combine all ingredients in a large non-metal bowl.
- Lay some plastic wrap over the top, pushing out all the air pockets.
- Refrigerate at least 30 minutes.
- Serve with your favorite crackers, chips and toasted breads.



Amy – Baja Tuna Tacos

Courtesy of starkist.com/recipes

Serves 2

Ingredients

- 1 6.4-oz pouch StarKist Chunk Light Tuna in Oil
- 4 flour tortillas
- 1 tbsp lime juice
- ½ cup sliced red cabbage
- ½ cup sliced green cabbage
- ¼ cup sliced red onion
- 2 green onions, sliced
- ½ avocado, sliced
- cilantro, to taste

Directions

- Grill the tortillas on a grill pan or grill, just long enough to get the grill marks.
- Place the tuna in a medium bowl and toss with lime juice.
- Mix the cabbage and red onion in a small bowl.
- Place 2 tortillas on each plate (you will need 2 large plates).
- Top each tortilla with ~¼ cup of the cabbage and onion mixture. Place ¼ of the tuna mixture on each tortilla, and top with a few scallions and some cilantro.
- Serve ¼ of an avocado on the side of each plate.

